

List three exercises
for each plane of
movement: sagittal,
frontal and transverse

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Planes of Movement: Sagittal, Frontal and Transverse Introduction The universal method of describing human movement relies on a system of planes and axis. The plane is defined as 2-dimensional surface. In human anatomy, there are three cardinal planes of reference. Each of these planes lies at right angles to each other and intersect at the centre of the body mass. These three planes are the sagittal plane, the frontal plane and the transverse plane.

Discussion

Sagittal Plane

The sagittal plane is a vertical plane that bisects the body into right and left halves. The plane runs medially from side to side at the centre of the body. Movements across this plane involve flexion and extension in the plane. Sagittal plane movements involve the body moving parallel to the sagittal plane. These movements include somersaults, back extensions and bicep curls.

Frontal Plane

The frontal plane is a vertical plane that bisects the body into front and back halves. It passes through the centre of body mass running laterally. Frontal plane movements include adduction and abduction of limbs in the plane. These movements include side bends, lateral raises and jumping jacks.

Transverse Plane

The transverse plane is a horizontal plane that divides the body into upper and lower halves. The plane passes through the centre of body mass. Movements across this plane are rare. Movements in this plane involve rotation of the body in the longitudinal axis. Movements in this plane consist

of floor to overhead diagonals on medicine ball, rotational lunges and rotational medicine ball throws.

Bibliography

Hamill, Joseph and Kathleen M. Knutzen. Biomechanical Basis of Human Movement. Lippincott Williams & Wilkins, 2006.